

**CLAIMS**

What is claimed is:

1. A ready-to-eat food having, at a 60% confidence level, a lower taste value  
5 greater than -6.00; a water activity of less than 0.90; and comprising, on a 30 gram basis:
  - a) at least 5 grams of amino acid source;
  - b) less than 3 grams of a digestible fat; and
  - c) a carbohydrate that provides at least about 2.5 grams of dietary fiber.
- 10 2. A ready-to-eat food, wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, cracker, cookie, snack crisp, brownie or potato crisp having, at a 60% confidence level, a lower taste value greater than -9.00; a water activity of less than 0.90; and comprising, on a 40 gram basis:
  - 15 a.) at least 5 grams of an amino acid source;
  - b.) less than 3 grams of a digestible fat; and
  - c.) a carbohydrate that provides at least about 2.5 grams of dietary fiber.

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